

Happy to write: A first study about the influence of writing on your mood

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Ethical review	Approved WMO
Status	Completed
Health condition type	Eating disorders and disturbances
Study type	Interventional

Summary

ID

NL-OMON54730

Source

ToetsingOnline

Brief title

Happy to write

Condition

- Eating disorders and disturbances

Synonym

Eating disorders, negative body image

Research involving

Human

Sponsors and support

Primary sponsor: Accare, kinder- en jeugdpsychiatrie

Source(s) of monetary or material Support: a Veni grant [451-15- 026] awarded by the Netherlands Organization for Scientific Research (NWO).

Intervention

Keyword: body functionality, eating disorders, negative body image

Outcome measures

Primary outcome

We would like to know if this manipulation has a positive influence on body image. Specifically we would like to investigate the influence of state measures of body satisfaction, body appreciation and overinvestment of weight and shape.

Secondary outcome

In addition, we are interested in

1) the duration of a potentially positive effect in the experimental group.

Therefore, this group is assessed again after 15 and 30 minutes.

2) investigate to what extent a potential positive effect can be replicated in the control group when this group receives the experimental writing task after the control task.

3) whether a more positive body image (as result of the intervention) leads to a decrease in intention for food restriction.

4) exploring to what extent body functionality in this groups correlates with other indices of body image and general well-being.

5) Finally, we are interested how many participants after the experiment are interested in conducting 3 additional writing assignments at home and what the effect is of these additional sessions.

Study description

Background summary

Improving body image seems to be a crucial element in a successful eating disorder treatment. It is important to examine the effects of stand-alone intervention techniques, to get more insight in which intervention techniques are effective or not effective in the treatment of a negative body image. In the present study, we want to examine one specific new intervention technique, in which people learn to focus on the functionality of their body. Pre-clinical studies have already shown that this intervention technique is possibly effective in improving body image. We want to examine whether this intervention technique also has a positive influence on the body image in a clinical group of young people with an eating disorder.

Study objective

The aim of the study is to investigate the effectiveness of a brief manipulation aimed at improving the body image of adolescents with an eating disorder.

Study design

The study investigates the short-term effects of writing assignments about body functionality in an experiment with a duration of approximately 75 minutes. Participants are randomly assigned to an experimental or a control group. The study is a randomized controlled trial.

Intervention

The experimental manipulation consists of short writing assignments in which adolescents learn to focus on what their body can do (body functionality), for example senses, exercise, health, creative activities, personal care and communication with others. The control task consists of comparable writing assignments about observing details during daily routines.

Study burden and risks

There are no risks associated with participation in the study. There is only a time investment of 75 minutes in total for the participant.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adolescents (12-15 years)

Adolescents (16-17 years)

Inclusion criteria

-Patient who are in treatment or who are referred to the Centre for Eating Disorders of Accare

-Patients who meet the DSM-5 criteria of anorexia nervosa, bulimia nervosa or eating disorder not otherwise specified

-Girls between the age of 14-23

Exclusion criteria

-Patients who do not speak Dutch

Study design

Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)
Control:	Placebo
Primary purpose:	Treatment

Recruitment

NL	
Recruitment status:	Completed
Start date (anticipated):	30-01-2019
Enrollment:	96
Type:	Actual

Ethics review

Approved WMO	
Date:	15-08-2018
Application type:	First submission
Review commission:	METC Universitair Medisch Centrum Groningen (Groningen)
Approved WMO	
Date:	08-03-2023
Application type:	Amendment
Review commission:	METC Universitair Medisch Centrum Groningen (Groningen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register

CCMO

ID

NL64270.042.18